

Ingredient	Bran cereal	Almond meal	Oat bran	Oat flour	Wheat flour	Wheat gluten	Rolled Oats	Milk	Walnuts	Eggs	Sugar	Butter	Totals for batch	totals per muffin
Recipe Amount	2	1	1	1	1	0	1	2	1	2	1	8		24.00
Serving size	1	0	0	0	1	0	1	1	0	1	1	1		
multiplier	4	2	2	2	2	1	2	2	2	2	2	8		
Calories	60	160	120	160	400	120	150	100	200	70	774	100		
	240	320	182	242	200	120	150	200	400	140	968	800	3,961.74	165.07
Total Fat (g)	1	14	2	3	2	1	3	3	20	5	0	11		
	4	28	3	5	1	1	3	5	40	9	0	88	185.58	7.73
Saturated Fat (g)	0	1	1	0	0	0	0	2	2	2	0	7		
	0	2	1	0	0	0	0	3	4	3	0	56	68.91	2.87
Trans fat (g)	0	0	0	0	0	0	0	0	0	0	0	0		
	0	0	0	0	0	0	0	0	0	0	0	0	0.00	0.00
Polyunsaturated fat (g)	0						1		14					
	0	0	0	0	0	0	1	0	28	0	0	0	29.00	1.21
Monounsaturated fat (g)	0						1		3					
	0	0	0	0	0	0	1	0	5	0	0	0	6.00	0.25
Cholesterol (mg)	0	0	0	0	0	0	0	10	0	215		30		
	0	0	0	0	0	0	0	20	0	430	0	240	690.00	28.75
Sodium (mg)	105	0	0	0	0	0	0	120	0	65		0		
	420	0	0	0	0	0	0	240	0	130	0	0	790.00	32.92
Total Carbs (g)	180	6	21	26	85	6	27	12	4	0	200	0		
	720	12	32	39	43	6	27	24	8	0	250	0	1,160.71	48.36
Dietary fiber (g)	14	3	5	4	0	0	4	0	2	0				
	56	6	8	6	0	0	4	0	4	0	0	0	83.64	3.48
soluble fiber (g)	1		2				2							
	4	0	3	0	0	0	2	0	0	0	0	0	9.03	0.38
sugars (g)	0	1	1	0	0	0	1	11	1	0	200	0		
	0	2	2	0	0	0	1	22	2	0	250	0	278.52	11.60
other carbs (g)	11													
	44	0	0	0	0	0	0	0	0	0	0	0	44.00	1.83
protein (g)	2	6	5	7	16	23	6	8	5	6		0		
	8	12	8	11	8	23	6	16	10	12	0	0	113.18	4.72

